

Phentermine Dosage

If you've decided to initiate a weight loss program with the help of Phentermine, it is very important to have the right Phentermine dosing prescribed.

Normally, adults between 16 and 60 are prescribed the following dosage of Phentermine:

Phentermine Capsules

15mg to 37.5mg to be taken before breakfast or an hour or two afterwards

[Phentermine](#) Tablets

Same as directed for the capsules, however, with tablets, your doctor might divide the dosage to half a tablet twice a day instead of one full capsule once a day.

Phentermine Capsules (Resin)

Dosage is between 15 mg to 30 mg and should be taken only once a day before breakfast.

Although it is possible to take tablets in halves, it is usually better to take your Phentermine dosage once a day before breakfast. Tablets should not be chewed or crushed but rather swallowed whole and on an empty stomach with a large glass of water.

These, however, are just general indications. For particular dosing and terms of use contact your doctor.

Warning for Phentermine Dosing:

Due to potentially strong side effects, it isn't recommended that children under the age of 16. Patients above the age of 60 wishing to take Phentermine should discuss terms with their doctor and have the Phentermine dosage adjusted to their particular needs. When above the age of 60, the person must consult a physician to adjust the Phentermine dosage.

Since Phentermine can in some cases be habit forming, you should never self prescribe or take more than the doctor indicated.

If you would like to increase your Phentermine dosage, talk to your doctor about the reasons for increasing your dosage. Many times a normal dosage of Phentermine can stop working after a certain period of time and you want to make sure that you are not harming yourself in anyway.

What to do When You Miss a Dose

If you happen to forget to take a dose one day, try to take it as soon as you remember. If its near the evening hours, it is better to skip the dose completely and just continue with your regular Phentermine dosage the next day. Never double dose.

Overdosing on Phentermine:

Since Phentermine is made up of chemical components, it is possible for someone to overdose on Phentermine. If you believe that you or someone you know may have overdosed on Phentermine call 911 or go to the nearest poison control center immediately. Common symptoms of an overdose include:

- * Diarrhea
- * Dizziness
- * Body cramps
- * Aggressiveness
- * Hallucination
- * Irregular heartbeat
- * Nausea
- * Confusion
- * Restlessness
- * Tremors

About the Author

The article is posted and written by John Scott, the researcher and writer for www.compareop.com (Phentermine OPs Reports and Discussion board).

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